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ABSTRACT

A current manual for treatment of Obsessive Compulsive Disorder (OCD) in children and youth using cognitive-behavioral therapy (CBT) is presented. The three chapters of the Introduction present a review of medical diagnosis and assessment of pediatric OCD, psychological assessment techniques, and an overview of treatment. Theoretical background from social learning theory and expert consensus guidelines for treatment of OCD are included. In part 2 the CBT treatment program is presented by sessions: (1) "Establishing a Neurobehavioral Framework"; (2) "Introducing the 'Tool Kit'"; (3) "Mapping OCD"; (4) "Completing the Tool Kit"; (5) "Putting E/RP (exposure plus response prevention) into Action"; (6) "E/RP Continues"; (7) "Family Session I; (8-11) "Moving Up the Stimulus Hierarchy"; (12) "Family Session II"; (13-18) "Completing E/RP"; (19) "Relapse Prevention"; (20) "Graduation"; (21) "Booster Session." Session outlines include goals, steps to be taken, and homework. Part three presents troubleshooting techniques, supplemental treatment interventions, guidelines for working with families. Chapter on "Working with Schools" includes discussion of OCD in school, the role of school personnel, and suggestions for managing symptoms. Handouts, figures, and assessment instruments used in the program are appended along with a section titled, "Resources, Tips for Parents, and Guidelines." (EMK)

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